

Upgrade Program Emergency Preparedness Plan

Table of Contents

Introduction	3
Epistemic Status	3
Objectives	3
Metrics	4
Values	4
Value Analysis	4
Strategies	5
Location Strategies	6
Team Strategies	7
Social Strategies	7
Actions	8
General	8
Preceding Emergency	9
During Shelter-In-Place Emergency	11
During Evacuation Emergency	11
Schedule	11
Predictions	11
Outcomes	12
Team	12
Tools & Resources	13
On Your Person	13
Trekking Backpack	14
Bug Out Backpack	16
Extra Storage Containers	18
Vehicles	18
Other Items to Consider - Basic	18
Other Items to Consider - Advanced	19
Evacuation Plan	21

Locations	21
Rally Points	21
Shelters	21
Medical	21
Food & Water	22
Outdoors Gear	22
Vehicles	22
Supply Caches	22
Weapons	22
Communication	22
Notes	23
Legal	23

Introduction

This document is part of a series of upgrade plans for every [area](#) of your life. It's broadly designed for a single, financially well off, 30-something living in a major city in a developed country.

Preparedness is a matter of degree. You can't realistically be 100% prepared for every emergency. Your degree of preparedness is a matter of personal choice. Basic preparedness is prudent for most people, but advanced levels may not be a great use of your resources. It's a bit like fitness--you can be modestly fit or Olympic athlete level fit. The latter requires substantial investment of time, money, and energy and may not be worth it to you, given your other priorities in life.

Please go to "File" > "Make a copy" and make a copy of it for yourself. Then fill it out section by section according to your particular needs and circumstances. Perhaps add sections or items, delete them, change the order, and so on.

Your aim should be to make the plan as applicable and useful to you as possible. You should not follow the plan blindly--think it through for yourself.

Note that this process might be challenging. You might need to teach yourself things you aren't very knowledgeable about yet. You might feel like you need to do preliminary work in a different life area first. That's okay. Figure out broadly what makes sense for you, operationalize that understanding as specific actions in the [Actions](#) section, and then do them.

If it feels overwhelming, just start with the parts you find most valuable and do what you can. Tackle the rest over time. It may also help to set aside a dedicated [day](#) to work exclusively on this by yourself or with friends. Or you may choose to enlist an [UP Coach](#) to co-design and execute this plan alongside you.

Epistemic Status

This is an overview of how confident the principal [author](#) is in this plan.

- Generally very high confidence in plan
- Based on six years of volunteer experience, paid work, and training in the emergency management field ([American Red Cross](#), [EMS](#), [CERT](#), [SAR](#)), extensive involvement in four major disasters and a handful of smaller ones, and extensive research into government and non-profit agency recommendations

Objectives

Decide what objectives you have with this plan and rank them in order of importance. Below are some sample objectives.

1. Stay safe and healthy during any upcoming emergency
2. Achieve extremely high levels of preparedness for all major and minor emergencies

Metrics

Decide what metrics you will use to evaluate the effectiveness of this plan. Also include the frequency in which you'll evaluate those metrics. For example, ad hoc, once, hourly, daily, weekly, monthly, quarterly, annually or per decade. Below is a sample metric.

- **Annual Preparedness Survey:** Annual 2-question survey asking (1) "How safe and healthy was I during this year's emergencies?" and (2) "How prepared was I for this year's emergencies?" on a 1-10 scale.

Values

List all of your relevant values and rank them in order of importance. Below are some sample values.

1. Preparedness
2. Safety
3. Health
4. Cost-effectiveness
5. Comfort

Value Analysis

List and then analyze all of the costs and benefits of this plan. Potentially also estimate expected value, cost-benefit, return on investment, and/or net present value. The numbers included are very rough estimates; change them as you see fit.

Cost¹

- **One Time**
 - 1 hour for plan creation
 - 4 hours for purchasing and assembling emergency kit
 - ~\$250 for basic emergency kit

¹ This assumes very basic expenses and excludes everything in [Other Items to Consider](#)

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- \$[Number] for other tools, equipment, and supplies
- **Repeated**
 - 6 hours for [American Red Cross Adult First Aid/CPR/AED](#) training every 5 years²
 - ~\$100 for [American Red Cross Adult First Aid/CPR/AED](#) training every 5 years
 - 20 hours for [Community Emergency Response Team](#) training every 10 years³
 - \$0 for [Community Emergency Response Team](#) training
 - ~\$1,000 for wilderness survival training every 10 years
 - 168 hours for wilderness survival training every 10 years⁴
 - 5 hours/year for self-defense training
 - ~\$50/year for self-defense training
 - 5 hours/year for weapons training
 - ~\$150/year for weapons training
 - 3 hours/year for table top drill
- **Per Emergency**
 - 4 hours/per emergency for plan research, updates, and coordination
 - 1 hour/per emergency for emergency kit preparation
 - ~50 hours⁵/per emergency for evacuation and sheltering
- **Total Hours Over 10 Years:** 355 preparation hours + 55 emergency specific hours⁶ = 410 hours (estimate: \$[Number] dollars⁷)
- **Total Money Over 10 Years:** \$4,450 + \$[Number for other tools, equipment, and supplies]
- **Total Costs Over 10 Years:** \$[Number]

Benefit

- [Number] [micromort](#) reduction (estimate: \$[Number])

² More frequently is better as you are very likely to forget it

³ More frequently is better as you are very likely to forget it

⁴ More frequently is better as you are very likely to forget it

⁵ Assuming 50 hours needed, but note this will vary dramatically depending on the particular emergency

⁶ Assuming one emergency per 10 years

⁷ To calculate the value of your time, use whichever method(s) you prefer. See [UP Time Plan](#) for full details or consider these basic approaches: (1) Use [Clearer Thinking Value of Time Calculator](#), (2) Use your subjective rating of the value of your hour, (3) Use your subjective rating of the value of your life divided by the number of hours you expect to live (X dollars / Y hours), (4) Use your "life hour in dollars" (LHD) or how many hours (or minutes or seconds) of life you would forgo right now in exchange for \$1, (5) Use an official standard you choose (e.g., [Economic Value of a Statistical Life](#) which at \$6.2M per person translates into approximately \$8.9/hour per life hour), (6) Use an estimate of your billable hourly time (note: this undercounts the actual value of your time)

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- Substantially increased peace of mind (estimate: \$[Number])

Net Benefit

- \$[Number] benefits - \$[Number] costs = \$[Number]

Strategies

Decide on your high-level location, team, and social strategies. If you have other strategies that are relevant, include and analyze them as well. Below are some sample strategies.

Location Strategies

1. **Home Shelter-In-Place:** shelter in home

Pros: comfort, speed, simplicity, potential access to supply chains, potential access to medical services

Cons: potential health or physical safety risk

2. **Family Shelter-In-Place:** shelter in family's home

Pros: comfort, speed, simplicity, potential access to supply chains, potential access to medical services

Cons: potential health or physical safety risk

3. **Isolated Nearby Shelter:** shelter in semi-isolated area nearby

Pros: limit health or physical safety risk, fast access to home

Cons: still some potential health or physical safety risk

4. **Fully Isolated Shelter:** shelter in a fully isolated area (e.g., deserted island, wilderness area)

Pros: substantially limit health or physical safety risks

Cons: difficulty in establishing and reaching shelter, limited or no access to supply chains, limited or no access to medical services, social isolation

- a. Purchase private bunker

- [Artemis Protection](#) (\$145,000+)
- [Rising S Company Bomb Shelters](#) (\$45,500-\$9.6M)
- [US Safe Room Underground Bunker](#) (\$3,500-\$19,000)

- b. Purchase shared bunker

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- [Oppidum](#)
- [Survival Condo](#)
- [Vivos XPoint](#) (South Dakota, \$45,000+)
- [Vivos Indiana](#) (Indiana, \$35,000+)
- [Vivos Europa One](#) (Europe)
- c. Purchase off-grid [tiny home](#)
- d. Purchase off-grid rural home
 - Solar panels: Install solar panels to achieve energy independence and power hot water heater (~\$40,000)
 - Wind: Supplement solar panels with micro hydropower turbine, wind turbine (~\$10,000-\$50,000)
 - Water: Drill water well for water reliability and safety (~\$7,000)
 - Sewage: Install septic tank system to safely treat sewage (~\$5,000)
 - Food: Create ~4,000 sq ft of growing space to feed one person for a year
 - Safety: Potentially install private bunker
- e. Purchase camper van or recreational vehicle (RV)
- f. Purchase off-grid boat
 - [Nautilus](#) (\$25M)
- g. Secure spot on floating platform
- h. Custom build off-grid home or bunker
 - [Bunker in Paradise](#)

Team Strategies

1. **Solo:** respond to the emergency solo

Pros: requires the least amount of resources, fastest, quieter, simplest

Cons: loneliness, potentially less secure while sleeping

2. **Team:** build a reliable team and respond to the emergency together

Pros: more resources are available, less lonely, plausibly more secure while sleeping (rotate a watch if applicable)

Cons: requires more resources, slower, louder, more complicated, risk of herd mentality leading to poor decision making

Social Strategies

1. **Full Self-[Quarantine](#):** completely restrict unprotected contact with others

Pros: most effective in protecting health and physical safety, peace of mind

Cons: potential boredom and loneliness, inability to leave for additional supplies, inability to leave for work

2. **Partial Self-[Quarantine](#)**: almost completely restrict unprotected contact with others

Pros: moderately effective in protecting health and physical safety, potentially able to leave for additional supplies, potentially able to leave for work, more social connection

Cons: potential health or physical safety risk, potential boredom and loneliness

3. **[Social Distancing](#)**⁸: reducing the amount of unprotected contact with others

Pros: somewhat effective in protecting health and physical safety, potentially able to leave for additional supplies, potentially able to leave for work, more social connection

Cons: potential health or physical safety risk, potential boredom and loneliness

4. **No Change**: no changes in social interactions

Pros: ability to secure additional supplies, ability to leave for work, normal social connections

Cons: potential health or physical safety risk, potential legal risk

Actions

List the specific actions you will take to achieve your objectives. You should add these tasks to your project management system unless you are choosing to do them now. Below is an example sequence of actions you might take.

General

1. Describe your [mental model](#) of emergency preparedness
 - a. Create a visual representation of it from memory without referencing this plan or outside sources of information
 - b. Create a new visual representation after thoroughly studying this plan and any relevant sources of information
 - c. Pay special attention to the improvements in the second version as incorporating those new insights may be crucial to the success of your plan
2. Finish every section of this plan
3. Secure all [emergency tools and resources](#)⁹

⁸ Technically this should be called “physical distancing” as we should usually enhance social connection in an emergency, if we can do so safely

⁹ Do this well *before* any upcoming or ongoing emergency, otherwise you might contribute to supply shortages for others

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4. Assemble into easily carryable [emergency kit](#) (usually a trekking backpack and extra bags and containers), highly portable [bug out bag](#)¹⁰ (usually a small backpack), and supply caches
5. Strategically store your bug out bag(s) and emergency kit(s) in your home, vehicle and/or alternate location and your supply caches as appropriate
6. Store digital version of passport on online drive, phone, and two printed copies in your bug out bag
7. Store digital versions of medical documentation (e.g., treatment plans, prescriptions, advance directive, etc.) on your online drive, phone, and two printed copies in your bug out bag
8. Store digital version of all legal documentation (e.g., wills, property deeds, property insurance, tax records, health insurance, life insurance information, etc.) on your online drive, phone, and two printed copies in your bug out bag
9. Store digital version of all pertinent financial information (e.g., photos of card details, bank account information, etc.) on your online drive, phone, and two printed copies in your bug out bag
10. Store digital version of Emergency Preparedness Plan on your online drive, phone, and two printed copies in your bug out bag
11. Load emergency contacts on your online drive, load into your phone labeled as “In Case of Emergency (ICE)”, and place two printed copies in your bug out bag
12. Label all pertinent locations and routes on [Google Maps](#) and on your physical maps
13. Store photos of family and close relations and their descriptions¹¹ in your phone and place two printed copies in your bag
14. Spread money across multiple digital payment options (e.g., [PayPal](#), [Venmo](#), [Wise](#), [Revolut](#), cryptocurrency wallets, and other payment apps)
15. Waterproof everything of importance in your emergency kit (e.g., phone, documents, maps, etc.)
16. Download [American Red Cross Emergency](#) app on your phone
17. Download [American Red Cross First Aid](#) app on your phone
18. Take [American Red Cross Adult First Aid/CPR/AED](#) training at least every 5 years
19. Take [Community Emergency Response Team](#) training at least every 10 years
20. Take wilderness survival training at least every 10 years
21. Take self-defense training every year
22. Take weapons training every year
23. Inventory and perform maintenance on all emergency [tools and resources](#) at home and in supply caches every year
24. Perform table top drill with all key team members every year
25. Take [Annual Preparedness Survey](#) every year
26. Review and update [team predictions](#) every year

¹⁰ Note your bug out bag is included as a part of your full emergency kit

¹¹ To aid in finding missing persons

Preceding Emergency

1. Remain calm
2. Review Emergency Preparedness Plan
3. Update Emergency Preparedness Plan as needed, including with decisions about evacuation routes, shelters, and team composition depending on the particular emergency
4. Inventory all emergency kit and bug out bag emergency tools, equipment, and supplies
5. Include additional items in emergency kit and bug out bag
 - a. Include as much cash as appropriate, including small denominations and potentially multiple currencies
 - b. Include all credit cards
 - c. Include medications if applicable
 - i. Tylenol/Panadol when experiencing headaches
 - ii. Aspirin to prevent help prevent heart attack or stroke
 - iii. [Paxlovid](#) for high-risk patients who test positive for COVID-19
 - iv. [Molnupiravir](#) for high-risk patients with mild-to-moderate COVID-19 symptoms
 - d. Include all identification
 - e. Include spare house, car and other important keys
 - f. Include laptop, charger, mouse, and laptop bag
 - g. Include sufficient clothing
 - h. Include any other useful items
6. Initiate [Evacuation Plan](#) if applicable
7. Begin practicing good disease prevention if applicable
 - a. Avoid close contact with any potential carriers of disease
 - b. [Wash hands](#) for 20 seconds with soap and water 5+ times a day¹²
 - c. Use hand sanitizer with 60%+ alcohol profusely while in public
 - d. Wash your hands and/or shower after being in public spaces
 - e. Cough or sneeze into tissue if possible or if not available then into sleeve¹³
 - f. Stop touching face altogether¹⁴
 - g. Stop touching high-risk surface areas (e.g., door handles, faucet handles, public pens, gasoline dispensers, etc.) with bare hands--use gloves or elbow or hip¹⁵
 - h. Regularly wipe down surfaces you frequently touch

¹² [Handwashing and respiratory illness among young adults in military training - American Journal of Preventive Medicine](#)

¹³ This will likely take dozens to hundreds of repetitions of (a) noticing the behavior and (b) gently choosing to do another behavior instead (e.g., giving yourself a thumbs up for noticing)

¹⁴ This will likely take dozens to hundreds of repetitions of (a) noticing the behavior and (b) gently choosing to do another behavior instead (e.g., giving yourself a thumbs up for noticing); this may help: <http://www.donttouchyourface.guide/>

¹⁵ Same as with face touching

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- i. Put copper foil tape¹⁶ on high-risk surface areas (e.g., door handles, faucet handles, etc.)
 - j. Properly wear, remove, dispose of and/or sanitize [gloves](#), [masks](#), shoes, and clothing to avoid spreading germs¹⁷
 - i. Wear gloves when appropriate
 - ii. Wear [masks](#) when appropriate
 - iii. Do not wear outside shoes indoors
 - iv. Do not wear the same clothing worn outside in your home
 - v. Immediately wash clothing upon returning to your shelter when appropriate
 - k. Trim your nails
8. Reinforce healthy habits
- a. Eat well
 - b. Sleep well
 - c. Hydrate well
 - d. Manage stress well
 - e. Stay physically active
 - f. Complete [UP Health Plan](#)
9. Alert all family members and close friends of plan by sharing this document

During Shelter-In-Place Emergency

1. Prepare shelter as appropriate
2. Stay abreast of official updates and be mindful of online noise
3. Wait it out and be mindful of your physical and emotional health

During Evacuation Emergency

1. Try to leave before peak times
2. Get transport to shelter
3. Prepare shelter as appropriate
4. Stay abreast of official updates and be mindful of online noise
5. Wait it out and be mindful of your physical and emotional health

Schedule

Decide on which days you will take which actions. You should add these dates to your calendar.

- [Date]: Finalize plan

¹⁶

https://en.wikipedia.org/wiki/Antimicrobial_properties_of_copper#Antimicrobial_efficacy_of_copper_alloy_touch_surfaces

¹⁷ <https://www.cdc.gov/hai/pdfs/ppe/ppe-sequence.pdf>

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- [Date]: Order emergency kit
- [Date]: Assemble emergency kit
- [Dates]: Take [American Red Cross Adult First Aid/CPR/AED](#) training
- [Dates]: Take [Community Emergency Response Team](#) training
- [Dates]: Take wilderness survival training
- [Dates]: Take self-defense training
- [Dates]: Take weapons training
- [Dates]: Take full inventory
- [Dates]: Stock supply caches
- [Dates]: Perform table top drill
- [Dates]: Review plan's outcomes

Predictions

Predict how well you will do in achieving your objectives.

- [Name]: I predict with [X]% confidence that I will reach [X]+ out of 10 on the Annual Preparedness Survey.
- [Team Member's Name]: I predict with [X]% confidence that [Name] will reach [X]+ out of 10 on the Annual Preparedness Survey.
- [Team Member's Name]: I predict with [X]% confidence that [Name] will reach [X]+ out of 10 on the Annual Preparedness Survey.
- Combined: We predict with an average [X]% confidence that [Name] will reach [X]+ out of 10 on the Annual Preparedness Survey.

Outcomes

Objectively record how well you achieved your objectives.

- [Year 1]: [Outcomes]
- [Year 2]: [Outcomes]
- [Year 3]: [Outcomes]
- [Year 4]: [Outcomes]
- [Year 5]: [Outcomes]
- [Year 6]: [Outcomes]
- [Year 7]: [Outcomes]
- [Year 8]: [Outcomes]
- [Year 9]: [Outcomes]
- [Year 10]: [Outcomes]

Team

List the people that are on your emergency preparedness team. Assess ahead of time their strengths and weaknesses in an emergency.

[Name #1] - [Role]

- **Contact Information:** [Contact information]
- **Strengths:** [Strengths]
- **Weaknesses:** [Weaknesses]

[Name #2] - [Role]

- **Contact Information:** [Contact information]
- **Strengths:** [Strengths]
- **Weaknesses:** [Weaknesses]

[Name #3] - [Role]

- **Contact Information:** [Contact information]
- **Strengths:** [Strengths]
- **Weaknesses:** [Weaknesses]

[Name #4] - Designated out-of-emergency-area contact

- **Contact Information:** [Contact information]
- **Strengths:** [Strengths]
- **Weaknesses:** [Weaknesses]

[Name #5] - Designated secondary out-of-emergency-area contact

- **Contact Information:** [Contact information]
- **Strengths:** [Strengths]
- **Weaknesses:** [Weaknesses]

Tools & Resources

List all of the tools and resources you will need for your general emergency preparedness.

The following is a non-comprehensive starter list for you to consider. Inclusion on this list does not indicate they are the “best” for you—just that you might consider them. Update the items as you see fit. Additional items may be required for specific emergencies. The quantity of each that you need is determined by your particular situation, but in general a three-month supply of basic daily needs (e.g., food, water, medications, etc.) may be prudent. Also consider longer-term needs, depending on the emergencies you may face.

On Your Person

List the items you will carry on your person.

- Concealed belt bag
 - Cash in small and large denominations and in multiple currencies
 - Passport
- Pocket
 - Mini first aid kit
- Phone
 - [American Red Cross Emergency](#) app
 - [American Red Cross First Aid](#) app
 - Books, games, movies, music, and podcasts
 - Digital copies of important information
 - [Google Maps](#) with downloaded regional maps
 - [Google Translate](#) with downloaded regional languages
 - [Maps.me](#) with downloaded regional maps
 - Money transfer tools
 - [PayPal](#)
 - [Wise](#)
 - [Venmo](#)
- Wallet
 - Cash in small and large denominations and in multiple currencies
 - Credit cards
 - Identification
 - Passport
 - Visa stamps
 - Driver license

Trekking Backpack

List the items you will carry in a portable trekking backpack or similar bag.

- Aluminum foil
- Baby items (if applicable)
- Cable ties

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- Camping stove and fuel
- Can opener
- Carabineers
- Cash in small and large denominations and in multiple currencies
- Collapsible kettle and cups
- Complete change of clothes including long pants, long sleeve shirts, sturdy shoes, socks, undergarments, and belt
- Copper foil tape
- Disinfectant and/or household chlorine bleach
- Disposable zipper storage bags
- Duct tape
- Fire starter kit
- Garbage bags
- Hat
- Heavy duty safety pins
- Insect repellent
- Jacket
- Marking tape
- Meal replacement foods
- Mess kit
- Microfiber cloths/towels
- Moist towelettes
- Paper cups, plates, and plastic utensils
- Paper towels
- Parachute cord
- Pet items (if applicable)
- Plastic sheeting/tarp
- Poncho
- Political, physical, road, and topographical maps
- Quick-dry undergarments
- Rain jacket and rain pants
- Senior citizen items (if applicable)
- Signal flares
- Sleeping bag
- Snare wire
- Soap
- Solar charger
- Solar fire starter
- Tent
- Travel sewing kit
- Water filtration kit
- Waterproof matches
- Water purification tablets

Toiletry Bag

List the items you will carry in a toiletry bag (usually placed in your trekking backpack).

- Comb or brush
- Contact lenses, contact solution, and contact cases
- Deodorant
- Electric razor
- Feminine hygiene products (if applicable)
- Floss
- Glasses and glasses case
- Medicine droppers
- Mirror
- Safety razors
- Shaving cream
- Sunblock
- Toilet paper
- Toothbrush and toothpaste
- Tweezers

Bug Out Backpack

List the items you will carry in a bug out backpack (that may or may not be carried directly or placed inside your trekking backpack).

- Bandana
- Batteries
- Cable ties
- Cash in small and large denominations and in multiple currencies
- Compass
- Device chargers
- Earphones
- Flashlight with high lumens and red light filter
- Folding knife
- Headlamp
- Hydration pack
- Multipurpose tool
- Paper, pencil, and pen
- Pepper spray/mace
- Power bank
- Radio/flashlight combo with hand-crank
- Safety goggles

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- Shears
- Signal mirror
- Spare keys for house, vehicle, boat, etc.
- Stainless steel water bottle/canteen
- Sunglasses with UV protection
- Superglue
- Survival Knife
- Waterproof container
- Waterproof phone case
- Whistle
- Work gloves

Medical Bag

List the items you will carry in a medical bag (usually placed inside your bug out backpack).

- Antacid medication
- Antibiotic ointments
- Anti-diarrheal medication
- Burn cream
- Charcoal pills
- Condoms
- Cotton balls/pads
- Cough suppressants
- Daily multivitamins
- Disposable surgical masks
- First aid kit
- Hand sanitizer with 60%+ alcohol
- Headache medication
- Laxatives
- Lubricant
- Modafinil
- n95 respirator masks
- Nitrile/vinyl gloves
- Pain relievers
- Petroleum jelly
- Prescription medications

Extra Storage Containers

List the items you will carry or cache in other ways.

- Large supplies of water

- Large supplies of shelf-stable food
- Large supplies of comfort foods
- Large supplies of medical supplies
- Large supplies of toilet paper
- Other items

Vehicles

List whatever vehicles you will use during an emergency.

- [Vehicle #1]
- [Vehicle #2]
- [Vehicle #3]

Other Items to Consider - Basic

List whatever other items you may consider securing for an emergency. Some specific items are linked, but choose whichever is most relevant for you.

- Body warmers
- Borderless financial accounts
 - [Revolut](#)
 - [Wise](#)
- Comprehensive tool kit
- Cryptocurrency wallets
- Currency converter
 - [My Currency Converter](#)
- Emergency food supplies
- Emergency locator beacon
- First aid kit backpack
- Fishing gear
- Gasoline
- Generator
- Gillnetting
- Glow sticks
- GPS navigation device
- Ham radio
- Hammock
- Helmet
- HEPA filter
- Laptop (ideally rugged and [air gapped](#))
- Meals ready-to-eat
- Portable propane heater

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- Power inverter
- Rechargeable long-range two-way radios
- Recreational vehicle
- Security deposit box
- Stun gun
- Supply caches
- Surveillance equipment
- Survival manual
- Tablet (ideally rugged and [air gapped](#))
- Thermal blankets
- Travel-friendly sex toys
- Utility storage organizer
- Water desalination kit
- Water jugs

Other Items to Consider - Advanced

List whatever other items you may consider securing for an emergency. Some specific items are linked, but choose whichever is most relevant for you. For a lot of people, these items may be unrealistic or unnecessary.

- All-terrain vehicle
- Ammunition
- Armored SUV
- Battle dress uniform
- Bidet spray
- Bike
- Bivouac (“bivvy”) bag
- Bivouac (“bivvy”) shelter
- Body armor
- Body camera
- Bodyguards
- Bulletproof clothing
- Bunker
 - Vivos Underground Shelter
- Drones
- Gas mask
- Handcuffs
- Handgun
- Helicopter
- Immersion (Survival) Suit
- Jet-powered personal aerial vehicle
- Kidnapping & ransom insurance

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- Modular Lightweight Load-carrying Equipment (MOLLE) System
- Oxygen concentrator
- Personal commode
- Plane
 - [Gulfstream G650ER](#)
 - Floatplane
- Private island
- Rifle
- [Rugged smartphone](#)
- Second passport
- Shield
- Shotgun
- Spear tip
- Stun grenades
- Survival slingshot
- Tactical vest

Other resources that you may consider:

- [American Red Cross Be Red Cross Ready](#)
- [American Red Cross Disaster Preparedness Plan](#)
- [American Red Cross Make A First Aid Kit](#)
- [FEMA Community Emergency Response Team Basic Training Participant Manual](#) (PDF)
- [FEMA Emergency Financial First Aid Kit](#) (PDF)
- [FEMA Emergency Supply List](#) (PDF)
- [FEMA Every Business Should Have A Plan](#)
- [Nuclear War Survival Skills](#) (PDF)
- [Ready.gov Build a Kit](#)
- [Ready.gov Make A Plan](#)
- [ThePrepared](#)

Resources for longer-term:

- [Manual for Civilization](#)
- [Open Source Ecology](#)

Evacuation Plan

List the step-by-step actions you will take if an emergency occurs and you choose to evacuate. Include specific names, timing, and the like (e.g., within 1 hour of a relevant [WHO](#) announcement I will call John Doe to secure his boat keys, etc.). Also consider contingency plans in case of major disruptions (e.g., quarantines, road closures, flight suspensions, etc.).

1. [Step #1]
2. [Step #2]
3. [Step #3]

Locations

List all of the pertinent locations for managing your emergency situation.

Rally Points

- [Primary Rally Point]
- [Secondary Rally Point]
- [Tertiary Rally Point]

Shelters

- [Primary Shelter]
- [Secondary Shelter]
- [Tertiary Shelter]

Medical

- [Location #1]
- [Location #2]
- [Location #3]

Food & Water

- [Location #1]
- [Location #2]
- [Location #3]

Outdoors Gear

- [Location #1]
- [Location #2]
- [Location #3]

Vehicles

- [Location #1]

- Keys location: [Location]
- [Location #2]
 - Keys location: [Location]
- [Location #3]
 - Keys location: [Location]

Supply Caches

- [Location #1]
- [Location #2]
- [Location #3]

Weapons

- [Location #1]
- [Location #2]
- [Location #3]

Communication

List all of the communication channels you will use in your emergency. Consider what you would do if phone lines and/or the internet went down.

- [Channel #1]
- [Channel #2]
- [Channel #3]

Notes

Use this as a section for miscellaneous thoughts, questions, uncertainties, etc.

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- This plan is not for commercial re-use.

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¹⁸ If you have suggestions for improvement, please [contact us](#).